

An *Physica* March 6. 1829

Inaugural Dissertation

On

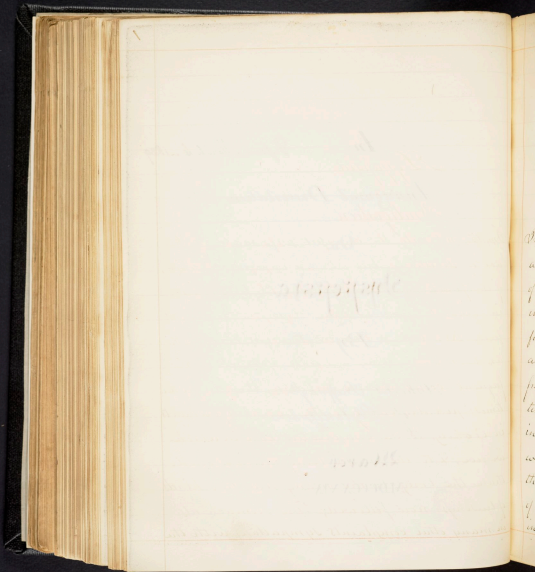
Dyspepsia

By

Charles Haffnagle
of Philadelphia

March

MDCCLXXIX



Dyspepsia

Indigestion

Implies not only the imperfect performance of the act of digestion; but also an impaired condition, of the functions of the Stomach, & Chyleptic viscera in general. The term Dyspepsia is derived from *Dys*, bad - & *Peizein*, to digest, or concoct, and it has become a disease of much more frequent occurrence in modern, than in former times; probably owing to the present improvements in Cooking, to the comparative ease in which we live, & to the mind being more exercised than the body, by the many sedentary kinds of business now followed. The Stomach also in many other complaints sympathizes with the

part affected —

— Process of Digestion —

In the process of Digestion after the food has been masticated in the mouth & completely imbued with Saliva, it passes into the Stomach, where it is converted into Chyme, by being successively exposed to the action of the Gastric Juice as it is secreted from the surface of that viscus; When the food is converted into Chyme it is moved on by the peristaltic motion of the Stomach through the pylorus, into the Duodenum & there by the action of the Biliary & Pancreatic fluids on the Chyme, the Chyle is separated from it, and is taken up by the numerous Lactals, opening on the surface of the Duodenum, Jejunum & Ileum, & progressively ascending in number from the Duodenum to the base of the Colon. The Chyle passes along the Lactals through the mesenteric glands into the Thoracic Duct, by which it is emptied into

the Left Sub-Clavian Vein, and thus is mixed with the Blood returning to the Heart.

The cacumintitious portion of the food is propelled on by the vermicular motion of the small Intestines into the Colon, where the thinner portion is absorbed, and the remainder acquires the peculiar fecal smell. From the Colon it passes to the Rectum: by the contractions of which, assisted by the voluntary action of the Abdominal muscles, it is finally discharged.

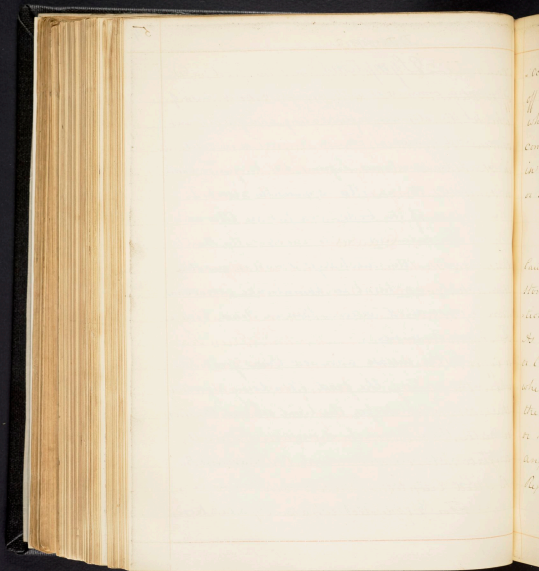
There is great difference in the rapidity of Digestion in different persons, and the knowledge of this is of great importance; for by timing the meals so that one, shall not interfere with the digestion of the other; and so also that the digestive organs shall be no long period entirely inactive, we shall be able sometimes to cure Indigestion — — —

[Faint, illegible handwriting, likely bleed-through from the reverse side of the page.]

Symptoms.

Dyspepsia commences with oppression, and sense of
 lead at the stomach, after eating, appetite not uni-
 form, Acid Eructations, Turned tongue, or in cases
 induced by spirituous Liquors, the tongue is smooth
 and glassy, the papilla apparently absorbed;
 The surface of the body, and feet are cold and
 Chilly, The cutaneous vessels inactive, the Bowels
 are irregular, the discharges small in quantity
 & frequently unnatural in appearance, sometimes
 there is disordered vision, Pain in Head, Vertigo,
 Tinnitus Aurium.

As the disease advances there is greater dis-
 tress after eating, the food often being rejected
 by vomiting which for the time relieves the un-
 easiness, there is much depression of spirits
 which unfit the individual for ~~business~~ Bu-
 siness, there is also Palpitations, Flatulence,
 Cardialgia, Pyrosis, Gastrodynia, Emaciation,



Occasional Eructio, sometimes the food passes off undigested; Tenderness of the Epigastrium, which denotes that inflammatory action is commencing, that if not arrested will continue in structural derangement of the stomach or some other organ —

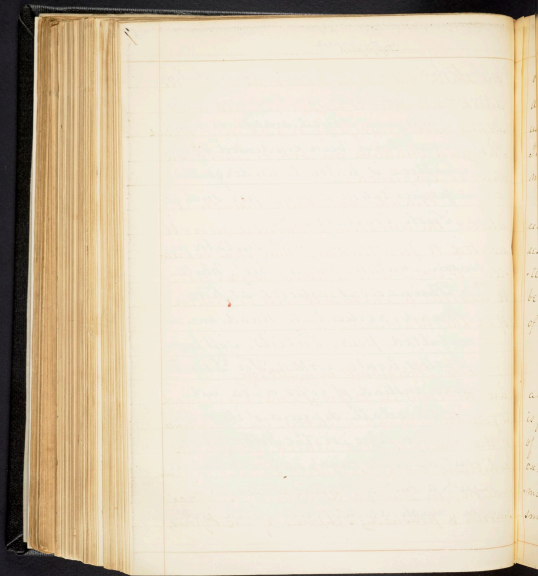
Causes.

Causes, are such as operate immediately on the stomach, or mediately through the intervention of some other part of the system at large. As Improper food, or drink, strong Green Tea, a Coffee, Spirituous Liquors, Cold Drink when the system is debilitated, Overloading the stomach — The use of Tobacco, or niter. — Hepatic and other diseases, anxiety, Close confinement to Study, Suppressed Eruptions, bad Teeth, &c. &c. —

For Symplics whatever forms a

tough solid mass in the Stomach, whatever is impregnated with an Empyreumatic oil, as Pastey or Fryed meats, or meat, whose fibres have been condensed by salt, and whatever is liable to underge the acetous fermentation is improper such as, Supps, Fresh Vegetables &c.

The most suitable food is Venison, Mutton, Game, Beef, White Poultry, Farinaceous articles as Rice, Stale Bread, particularly Bread, made from unbolted flour, Potatoes, Soft boiled Eggs. Oysters lightly cooked. For Drink at meals, instead of Coffee or Tea use Milk or Chocolate deprived of its oil or Barley or Rye Coffee, or the Yolks of two Eggs beat up with sugar, a Tea-spoon full of ginger & a Pint of Boiling water, or if there be much acidity, use Milk with



one third part Lime Water: As a Simple drink pure water is best, sometimes it is usefull & even necessary to add Wine of white Port and Madeira are best, or Slinger-Tea, may be employed.

Brandy and Water though it relieves the uneasiness should never be resorted to for a fondness may thus be excited for it, which afterwards can not be resisted, a substitute will be spoken of in the treatment.

The Appearance on Dissection.

are different in different Cases, the Stomach is found relaxed & flabby, the consistence of the mucous coat altered, sometimes exhibiting the appearance of Chronic Inflammation; in Dunkards with the surface smooth & polished; Schirrus of the Pylorus,

[Faint, illegible handwriting in cursive script, likely bleed-through from the reverse side of the page.]

[Faint, illegible handwriting visible on the right edge of the page, likely bleed-through from the adjacent page.]

The Liver, Spleen, or Pancreas disordered—

Pathology—

It commences ^{not} in inflammation but in irritation of the nerves supplying the Stomach: there first being functional derangement, which being continued Inflammation is induced causing if not arrested structural disorganisations.

The action of the muscular coat of the Stomach is impaired depending on the deficiency of nervous energy—Hence the weight and oppression after meals.—The intestinal coats also participate in the functional disorder, particularly the Duodenum, which sometimes is the chief seat of the disease, it being most likely to be affected from the improper condition in which the food is transmitted to it the stomach being affected primarily.

In the Second Stage there is Chronic Inflammation

—malignant

[Faint, illegible handwriting in cursive script, likely bleed-through from the reverse side of the page.]

Inflammation, and the whole Chylipoietic viscera becoming more or less involved, We have, tenderness of the Epigastrium and Hypochondrium, with febrile movements & general disorder of the system & finally the third stage is induced when there is structural derangement, Scirrhus, ulceration or thickening of the Stomach or Pylorus.

Prognosis

Must be deduced from the causes, the stage of the disease, the force of the attack, the age & habits of the patient, & also his disposition to submit to necessary restrictions.

If there be no organic derangement, & other things favourable. We may pronounce a cure possible, but if there be structural derangement and the habits or age of the patient unfavourable we can only predicate =

8-10-11

The first of the month was a
 very fine day, and the weather
 was very pleasant. The wind
 was from the south, and the
 sun was shining. The water
 was very calm, and the
 boats were very quiet. The
 people were very happy, and
 the children were very noisy.
 The day was very long, and
 the night was very dark. The
 stars were very bright, and
 the moon was very full. The
 wind was from the north, and
 the sun was shining. The
 water was very calm, and the
 boats were very quiet. The
 people were very happy, and
 the children were very noisy.
 The day was very long, and
 the night was very dark. The
 stars were very bright, and
 the moon was very full. The
 wind was from the south, and
 the sun was shining. The
 water was very calm, and the
 boats were very quiet. The
 people were very happy, and
 the children were very noisy.

Treatment

Must be regulated according to the stage of the disease which may be among under three heads. viz—

1st Functional derangement of Stomach &c

2nd Inflammation—

3rd Structural derangement—

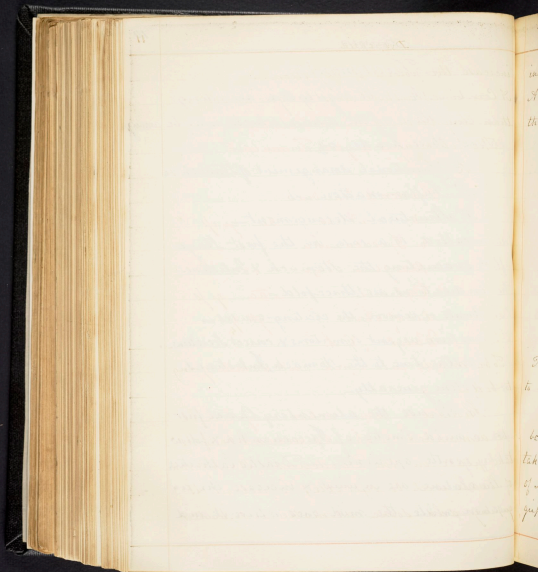
When called to a case in the first stage after evacuating the Stomach & Intestines the indications are three-fold—

1st To obviate or remove the exciting causes—

2nd To relieve urgent symptoms & correct secretions—

3rd To restore tone to the Stomach, Intestines, and system generally—

To cleanse the alimentary Canal first give a mild Emetic of Ipecacuanha & follow it by gentle aperients—Drastic Cathartics or the Saline are injurious & increase the irritation, while the mild ones relieve it, and



increase the powers of digestion.

A Combination will mostly agree as better than any individual article.

The following is a good Formula =

Powdered Rhubarb
 " Aloes grs
 " Spicacuanha
 Venetian Soap
 Calomel grs
 Oil of Cloves
 Water Q.S.

To be made into a pill and taken going to bed -

Should a more active purgative be demanded or should accumulations take place in the Duodenum, the Infusion of Senna will be suitable; To prevent its griping add some aromatic and bitter

The first day of the month of May
 was a fine day with a light
 breeze from the north and a
 few clouds in the sky. The
 temperature was about 60 degrees
 Fahrenheit. The wind was
 light and the sea was calm.
 We went for a walk on the
 beach and saw many beautiful
 shells. The children were
 very happy and played for
 hours. We also saw many
 birds and fish. The day was
 very pleasant and we
 enjoyed it very much.

as Fennel Seed and Gentian; when the Duodenum is affected, (manifested by the uneasiness coming on several hours after eating, by the swelling in its region &c.) the viscous Juice of Cichorium has been highly praised, combined with an aperient - particularly the Sulphate of Potash -

Cardialgia

Depends on an unnatural portion of acid, either generated by the food, or secreted by the stomach itself: When it depends on the food, it will be relieved by regulating the diet & by the use of Antacids, with gentle aperients. The Two most suitable antacids are Soda and Ammonia, the first will form with the Acid which is muicatic, a salt peculiarly adapted for a condiment, the other being volatile will neutralize the Gaseous Acid. The following is a good Formula =

Fixed Carbonate of Soda ℥i
 Aromatic Spts of Ammonia ℥iij
 Comp Spts of Lavender ℥i
 Cinnamon Water ℥iv.

Dose ℥ii or ℥ij in sweetened Water this
 corrects acidity, relieves the distress
 after eating and will form a good sub-
 stitute for Brandy as a Stimulus.

The indicated by is also
 a very serviceable Antacid, or Lime Water,
 or Lime water & Milk.

If the Acidity depend on morbid secretion
 it is often by Symptomatic of organic dis-
 ease in the neighbouring viscera and will
 not be relieved by ant-acids; In such cases
 the Spts of Turpentine or Nitric Acid will
 sometimes relieve.

Flatulence

This uneasiness arises more from the

in the course of the present century,

the present century, the present century,

the present century, the present century,

the present century, the present century,

the present century, the present century,

the present century, the present century,

the present century, the present century,

the present century, the present century,

the present century, the present century,

the present century, the present century,

the present century, the present century,

the present century, the present century,

the present century, the present century,

the present century, the present century,

the present century, the present century,

the present century, the present century,

the present century, the present century,

the present century, the present century,

the present century, the present century,

invariable condition of the Mucous Membrane, than from the quantity of Gas itself, for the healthy bowell may be distended without uneasiness, hence instead of Carminatives Sedatives should be employed as Hyoscyamus or Scutella.

Palpitations

Sometimes are distressing and may cause the disease to be mistaken for an affection of the Heart; to relieve this symptom antispasmodics are most effectual, as Ether, Nuxk, Apefeduta, Hoffmanns Anodyne or Opium ---

Pyrosis

Consists in an involuntary discharge of watery fluid, from the Stomach varying from one ounce to a pint or more; It depends on a Morbid condition of the nerves presiding over secretion, when un-

unattended with pain it will be relieved by the use of Alkalies, Opiates, and Mild Astringents, Conjoined with a properly regulated animal Diet: But if there be pain at the Epigastrium animal food will aggravate the disease; instead of it use a Milk diet, Stale Bread & Milk, and of this not more than six ounces should be taken at once, in addition to this make use of Sedatives as Extract of Cicuta gr. ʒv or ʒ two or three times a day with Lime water: * If the Pyrosis be symptomatic of disease of other viscera, all methods of cure will fail, till we cure the disease on which it depends.

Gastrodynia

or Spasm of the Stomach if not relieved by antacids &c, requires the use of antispasmodic medicines, as Musk, Ether,

* Monthly Journal of Foreign Medicine No 9.

The first of the month of January
 was a very cold day, with a
 heavy frost, and the wind
 from the north. The snow
 lay deep on the ground, and
 the trees were covered with
 ice. The children were
 very happy to see the
 snow, and they went out
 to play in the yard. They
 made a snowman, and they
 had a great deal of fun.
 The day was very cold, but
 the children were not
 afraid of the cold. They
 were very happy to see
 the snow, and they went
 out to play in the yard.
 They made a snowman, and
 they had a great deal of
 fun. The day was very
 cold, but the children were
 not afraid of the cold. They
 were very happy to see the
 snow, and they went out
 to play in the yard. They
 made a snowman, and they
 had a great deal of fun.

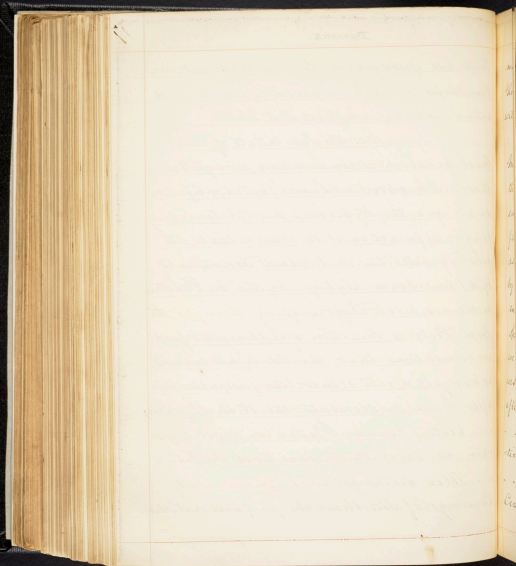
Hoffmanns Anodyne, or Spk. of Turpentine.

Sometimes it will be relieved by a draught of bland fluid as Milk, or Hot Water.

For this Symptom the Sub: Nitrate of Bismuth has been much recommended, dose grs V or VI, should the above medicines fail: apply a Blister over the Stomach; In the torpid or irregular action of the muscular coats of the Bowels the Compound Decoction of Aloes has been highly praised by Linn in his work on Diet.

Cold Feet, & Inaction of Cutaneous Vessels are symptoms that should by all means be obviated: to remove the first, wear flannel socks underneath the stockings dusted with Cayenne Pepper or apply plasters, spread with Shoe-makers wax to the soles of the feet.

To promote action in the Cutaneous vessels



make use of the warm Salt Bath, about one hour before dinner; or have the body rubbed with Salt in a warm room.

Vomiting

Must be obviated by avoiding all articles that are known to disagree, by taking but a small quantity of food at once, by avoiding fatigue before, or exercise after meals, by assisting the Stomach to retain its contents by determined resolution, by the use of certain medicines, as the effervescent draught, the Spice Plaster &c. In adapting the food we must remember the Stomach requires a change; Articles that have been suitable after a little while may irritate the Stomach;

... Certain condiments also assist Digestion as Salt, Mustard or Horse Radish.

... There are sometimes anomalous Cravings of the Stomach for ~~food~~ articles

apparently injurious, which by being indulged in prove beneficial: when there is a fixed strong disire for some particular article, it is the language of nature, & should be cautiously gratified...

If the Hepatic Secretions are deranged administer Calomel, or Blue pill, in small doses, as an alterative, keeping the Bowells regularly open, if necessary by the Purgative pill before mentioned, to assist the Mercury the Nitro-Muriatic Acid Bath or Potulivium will be beneficial —

The secretions of the Skin, of the Liver, of the Bowells &c being concated, we may now if necessary employ Tonics provided there be no signs of Inflammation. —

Mineral Tonics are best particularly Chalybeates. The next are the Vegetable Bitters, in infusion or powder. — Sometimes

The first of the season was on the 1st of August, when a
 heavy rain fell, and the water in the river rose to a
 high stage. The water continued to rise until the 3rd, when
 it reached its highest point, and then began to fall. On the
 4th it was still high, but on the 5th it had fallen to a
 moderate stage. On the 6th it was still high, but on the 7th
 it had fallen to a moderate stage. On the 8th it was still
 high, but on the 9th it had fallen to a moderate stage. On
 the 10th it was still high, but on the 11th it had fallen to
 a moderate stage. On the 12th it was still high, but on the
 13th it had fallen to a moderate stage. On the 14th it was
 still high, but on the 15th it had fallen to a moderate stage.
 On the 16th it was still high, but on the 17th it had fallen
 to a moderate stage. On the 18th it was still high, but on
 the 19th it had fallen to a moderate stage. On the 20th it
 was still high, but on the 21st it had fallen to a moderate
 stage. On the 22nd it was still high, but on the 23rd it had
 fallen to a moderate stage. On the 24th it was still high, but
 on the 25th it had fallen to a moderate stage. On the 26th
 it was still high, but on the 27th it had fallen to a moderate
 stage. On the 28th it was still high, but on the 29th it had
 fallen to a moderate stage. On the 30th it was still high, but
 on the 31st it had fallen to a moderate stage.

a combination of the mineral & Vegetable
suit better than either separately, as a combina-
-tion of the Rust of Iron, Columbo or Crotan
& Ginger.

Exercise in the fresh air, particularly on
Horseback is very necessary. As a Tonic
Ipecacuanha in $\frac{1}{4}$ grain doses is ad-
-vantageous.

In the 2nd Stage when Inflammatory
action has commenced, manifested by
the Tenderness at the Epigastrium, by the
febrile movements, the Hard pulse &c.,
the treatment must be considerably varied,
Local depletion by leeches must be repeate-
-dly performed, which if not successfull
may be aided by a blister: The Saline
Cathartics are now the most suitable
particularly ~~is~~ given in an effervescing
draught. In the diet, animal food &

all

do

the

the

the

the

the

the

the

the

the

the

the

the

the

the

the

the

the

the

the

all articles of stimulating character must be avoided, using in their place the Vegetable Mucilages, vegetable food & even the Sub-acid Fruits, at the same time attending to the regulations before mentioned.

"In the 3^d Stage when structural derangement has taken place, manifested by the violence, & obstinacy, before mentioned, & by the Hostile character of the Fever &c. nothing can be expected beyond simple palliation by remedies before alluded to.

"There is one form of Dyspepsia that occurs in Old Persons, the constitution to use a common expression breaks, the Countenance & skin is pallid, the lips pale, the Ears white & contracted, the ankles swollen, the Bowells relaxed or otherwise,

The tongue smooth & red, the Root of Nails Chalky. & there is vomiting sometimes

of darkish matter in considerable quantity,
here treatment seems of little avail. as it
terminates mostly in Death —

Charles A. Safford

October 1828

